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The Moon

As the Moon roams through the sky, everything on Earth fluctuates and moves with it. Our emotional and psychic states are particularly responsive to the Moon.

The Esbats

The esbats of the Moon are rituals performed at night. They involve gazing at the Moon and being totally receptive to its energy. The ritual of gazing at the Moon is sometimes known as Drawing Down the Moon.

The Waxing Moon

The days and nights when we see the Moon growing larger in the sky are times of growth. These are good times to plant seeds and ideas; they are times when all pregnant prospects mature and projects should begin.

The Full Moon

The energy of the full Moon produces powerful high tides—both physically and emotionally. Full Moons are good times for tackling difficult problems.

The Waning Moon

As the Moon gets smaller, energy is withdrawn. These are the times to turn inward, to clean and mend. They are good times to arrive at peaceful conclusions and are the best time to cut herbs.

The New Moon

The disappearing light of the Moon is known as a time of rest. Every aspect of life needs rest and recuperation.